





get a flu shot   
wash your hands 



 cover your cough  
 stay home when sick

## Be aware of flu myths:

**MYTH: “The flu isn’t a serious disease.”**

**FACT:** Influenza (flu) is a serious respiratory disease, and it can lead to pneumonia. It is not the same as the common cold. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older, but young children and those with chronic diseases are as likely as those over 65 to be hospitalized with the flu.

**MYTH: “The flu shot can cause the flu.”**

**FACT:** The flu shot cannot cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

**MYTH: “The flu shot does not work.”**

**FACT:** The flu shot is very effective in preventing most flu illnesses when there is a good match between circulating viruses and those in the vaccine. Getting the vaccine is your best protection.

**MYTH: “You must get the flu vaccine before December.”**

**FACT:** Peak flu season runs from October through March. The vaccine works well when given just before or anytime during flu season. The best time to get vaccinated is October or November to be protected through the flu season.

**MYTH: “The side effects are worse than the flu.”**

**FACT:** The most common side effect you’re likely to get from a flu shot is a sore arm. The nasal mist flu vaccine might cause nasal symptoms. Severe allergic reactions may occur very rarely in people with certain allergies.

**MYTH: “Only older people need a flu vaccine.”**

**FACT:** The flu vaccine is very important protection for adults and children with conditions like asthma, diabetes, heart disease and kidney disease. Doctors also recommend the vaccine to prevent the severe illnesses of the flu and its complications for anyone over 6 months of age.

